

DEATH BEGETS LIFE AND LIFE BEGETS DEATH

Great things have small beginnings. A spectacle maker, Jan Leippersheim by name, living in Holland, invented a crude magnifying glass in 1608. Anton von Leuwenhoek, born in Delft, this day 1632, improved this clumsy toy and evolved a compound microscope which has become the most valuable sanitary tool yet devised by man. That first microscope was as far removed from the high-powered instrument of today as is the modern American from the original caveman. Yet by this faulty means, Leuwenhoek, naturalists, physician and botanist, discovered certain minute bodies which he called "little animals." He made drawings of these and today we know them for those useful friends and malignant enemies of man—bacteria.

We spend our days surrounded by another world, a living world of countless billions, invisible to the naked eye, silent, tireless, destroying the living, consuming the dead, useful in the sciences and arts, yet often followed by a train of sickness, suffering and death. A curious paradox this, yet bacteria are at once the greatest friends and the fiercest foes of every living thing. Not animals, as Leuwenhoek thought, but vegetables, bacteria consist of two classes, those which prey on living things and those which reduce to their original minerals, fluids and gases, every dead thing which they attack. They are of various shapes, round like marbles or straight like little sticks. They grow in clusters, chains, and in pairs. They are ubiquitous. The dusty air, the earth and its waters, the interior of animals and plants all contain them. They cause the fermentation of foods, they make cheese, they produce disease and some of them when killed and injected into an animal protect it against the very disease which they would have produced if living. Many of them live as harmless creatures in the body of an animal for years, only to kill their host when the opportunity presents. Their study has given birth to science, bacteriology, one of the foundation stones of public health.

Their mere presence does not necessarily produce disease. Recalling the parable of the sower, some bacteria fall by the wayside, some fall upon stony places, and some fall in good ground and bring forth the fruit of suffering, perhaps of death. A normal, temperate life, free alike from the glutinous of idleness or overwork, the sound mind in the sound body, a cheerful, normal environment, these form the stony places in which bacteria take no root. The depraved appetites of mind and body, the dark and sordid atmosphere of penury, the nerve racking and strength undermining trades, these prepare the good ground.

The great weapon against bacteria is cleanliness. The mastery over, premature death lies to a great measure in our own hands. Clean persons, clean cities, clean workshops and clean lives are the makers of public health. The United States Health Service and other sanitary bodies of this country are gradually bringing these facts home to the general public. In this way cleanliness is becoming more general, and the span of life in America is gradually being lengthened. All of which is largely due to the microscope.—U. S. Health News.

Murphy's Dilemma

They met on the high road and shook hands. "Shure Pat," said Murphy, "bettin's a shockin' bad habit." "Shure, Murphy," said Pat. "But why?" "Ye know Costigan?" "Troth I do!" "Well," said Murphy, "he bet me a sixpence to a shilling that I couldn't swallow an egg without breakin' the shell of it." "And did ye lose the bet?" asked Pat.

"No, Pat, I won it," replied Murphy. "Then phwat's aillin' ye?" "Shure, it's the egg that's ailing me," groaned Murphy. "If I jump about I'll break it and cut me stomach wid' the shell, an' if I kape quiet it'll hatch an' I'll have a Shanghai rooster scratchin' me inside!"

Our Jitney Offer—This and 5c Don't miss this. Cut out this slip, enclose with 5c and mail to Foley & Co., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound, for ailments; and Foley Cathartic Tablets a wholesome and thoroughly cleansing cathartic, for constipation, biliousness, headache and sluggish bowels, coughs, colds and croup; Foley Kidney Pills, for pain in sides and back, rheumatism, backache, kidney and bladder. Will Marlar Pharmacy.—Advertisement.

GOOD ROADS---IN THE TOWN AND COUNTRY

From Address of Fairfax Harrison, President Southern Pacific Railway Co., at American Road Congress, November 1914

A good country highway is helpful, directly or indirectly to all those who live in town as well as those who live in the country, but it is primarily beneficial to the farmer. It is his highway to market. He and his family must use it in all of the social intercourse of the neighborhood and in church and school attendance. It is over the country road that the rural mail carrier brings to the farmer his letters and the newspapers which keep him in touch with the events of the world. While it is not generally appreciated because few farmers keep books in which they take account of their own time and that of their teams as well as of their hired men, statistics prepared by the United States department of agriculture show that the cost of hauling farm products to a shipping station is a very large percentage of the total cost of their carriage to their final markets and is out of all proportion to the charges made for their transportation by rail or water. As improved road reduces this cost and has the effect of bringing outlying farms nearer to the shipping point by reducing the time required for hauling, and it tends to advance the value of each farm that it passes.

While a system of market roads will benefit the farmer primarily, it will also be helpful to the town. In an agricultural community, without substantial manufacturing enterprises, the town is practically supported by the trade of the farmers of the surrounding county. A good road, to the degree that it may enable a farmer to market to better advantage, increases his purchasing power to the benefit of the merchants in the town where he may trade. Improved highways radiating from a town widen the area from which the farmer may profitably market his produce and buy his supplies in the town. Good roads in any community are also an important factor in attracting farm settlers, who will bring increased trade to the town.

Good roads increase the population of the country. The more good roads we have the more people there will be to travel them. Oh! we have room enough for any ordinary increase in our population. We do not object to the coming in of good settlers. We have lands enough to house and feed our own people with their natural increase for one hundred and fifty years to come! So we can afford to divide with others, for none of us will live that long.

When people from a distance come to see us, find out what we have here, and learn that we have the best public roads in the country, see how easy it is to go from place to place—why, they'll know that we are up to date, and will fall in love with our good, old honest ways, and stay with us!

Pa's Mathematics

Pa—Willie, what does the teacher say about your poor work in arithmetic?

Willie—She said she'd rather you wouldn't help me with it.

ONE SPOONFUL GIVES ASTONISHING RESULTS

Flagstaff residents are astonished at the QUICK results from the simple mixture of buckhorn bark, glycerine, etc., known as Adler-i-ka. This remedy acts on BOTH upper and lower bowel and is so THOROUGH a bowel cleanser that it is used successfully in appendicitis. ONE SPOONFUL of Adler-i-ka relieves almost ANY CASE of constipation, sour or gassy stomach. ONE MINUTE after you take it, the gasses rumble and pass out. Will Marlar, druggist.—Adv.



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REASONS WHY BIRTHS SHOULD BE REGISTERED

1. Because many heads of families do not record the births and deaths that occur in their families in a family bible, consequently, unless the state makes these records, none will be kept.

2. A boy should be able to appeal to some authentic record to show when he is entitled to vote, to take charge of property that belongs to him; when he becomes liable to military, road, and jury duty, and also when he becomes exempt from these duties.

3. A girl wants to know when she will reach the age at which she can legally marry, and also when she can take possession of property that belongs to her.

4. Both want to be able when their parents are dead to establish their right to inheritance, either from their parents, or from a distant relative.

5. When death comes the community and the State ought to know what the age of the individual was, in order to determine whether the people are dying too young, or whether they are living to a ripe old age.

6. The state, the boards of health, and all ought to know of what diseases people die, in order to mature the best measures for preventing such diseases.

7. The state and the people ought to know how many deaths occur from homicide, suicide, violence, occupational diseases, etc., in order that steps may be taken to prevent, or to diminish, deaths from these causes.

Alike

Philo—Did you say widow or widow?

Sopher—I said widow; but they are both very much alike.

Philo—How so?

Sopher—When I get near either of them I always look out.

Swapping Experience

Doctor—How do you feel, colonel, when you have actually killed a man?

Colonel—Oh, not so bad. How do you?

Notice for Publication

Act of June 11, 1906. List No. 017938 Department of the Interior, U. S. Land Office at Phoenix, Arizona, Sept. 22, 1915.

Notice is hereby given that Mattie Elizabeth Harding, of Flagstaff, Arizona, widow of Oliver P. Harding, who, on June 10, 1912, made homestead entry No. 017938, for a tract of 63.11 acres in unsurveyed Sec. 27, T. 19, N., R. 6, E. G. & S. M., bounded and described as follows: Beginning at corner No. 1, a Malpais rock marked 1-HES95 on SW face, thence S. 28 deg. 24 min. E., 33.95 chs., to corner No. 2; thence S. 36 deg. 15 min. W., 6.70 chs. to corner No. 3; thence S. 58 deg. 37 min. W. 5.32 chs., to corner No. 4; thence S. 21 deg. 36 min. W., 9.65 chs. to corner No. 5; thence S. 31 deg. 48 min. W., 3.12 chs. to corner No. 6; thence N. 76 deg. 12 min. W., 7.38 chs. to corner No. 7; thence N. 0 deg. 42 min. E., 39.14 chs. to corner No. 8; thence N. 20 deg. 04 min. W., 9.69 chs. to corner No. 9; thence S. 87 deg. 16 min. E., 7.38 chs. to corner No. 1, the place of beginning. (List 3-1585 Coconino National Forest, has filed notice of intention to make final five year proof to establish claim to the land above described, before Chas. H. Adams, Clerk of the Superior Court, at Flagstaff, Arizona, on the 11th day of November, 1915.

Claimant names as witnesses: Louis H. Thomas; Isaac T. Wheeler; William H. Anderson; Joseph R. Treat, all of Flagstaff, Arizona.

THOMAS F. WEEDIN Register.

Oct. 1—29

Printers—A Press for Sale 10x15 Universal equipped for power, will sell cheap; is now in use, in good order, will last for years.

COCONINO SUN

In the Superior Court of the State of Arizona in and for the County of Coconino

Summons No. 1242

Mary A. Stemmer, Plaintiff, versus H. J. Miller et al and the unknown heirs of H. J. Miller, William Osenberg and the unknown heirs of William Osenberg, Leonard & Young and the unknown heirs of Leonard & Young, J. M. Brannen and the unknown heirs of J. M. Brannen, William H. Whiteman and the unknown heirs of William Whiteman, Adam Kensink sometimes referred to as Adam Kusick and the unknown heirs of Adam Kensink sometimes referred to as Adam Kusick. W. L. Vanhorn and the unknown heirs of W. L. Vanhorn, Defendants.

In The Name of the State of Arizona, to H. J. Miller and the unknown heirs of H. J. Miller, William Osenberg and the unknown heirs of William Osenberg, Leonard & Young and the unknown heirs of Leonard & Young, J. M. Brannen and the unknown heirs of J. M. Brannen, William H. Whiteman and the unknown heirs of William H. Whiteman, Adam Kensink sometimes referred to as Adam Kusick and the unknown heirs of Adam Kusick sometimes referred to as Adam Kusick, W. L. Vanhorn and the unknown heirs of W. L. Vanhorn, Defendant, Greeting:

You Are Hereby Summoned and required to appear in an action brought against you by the above plaintiff in the Superior Court of the State of Arizona, in and for the County of Coconino, and answer the Complaint therein filed with the Clerk of this said Court, at Flagstaff, in said County, within twenty days after the service upon you of this Summons, if served in this said County, or in all other cases within thirty days thereafter, the times above mentioned being exclusive of the day of service, or judgment by default will be taken against you.

Given under my hand and seal of the Superior Court of the State of Arizona, in and for the County of Coconino, his 11th day of October, A. D. 1915.

CHAS. H. ADAMS, Clerk of the Superior Court C. B. Wilson and Gerard T. Wall, Attorneys for Plaintiff. Oct. 15—Nov. 5.

It all Depends "Do you think it possible to love two girls at the same time?" "Not if they know it."

In the Superior Court of the State of Arizona in and for the County of Coconino

Summons No. 1264

Alice Regina Barclay, Plaintiff, vs. Bert Stephen Barclay, Defendant. In the name of the state of Arizona, to Bert Stephen Barclay, defendant, Greeting:

You are hereby summoned and required to appear in an action brought against you by the above named plaintiff in the Superior Court of the State of Arizona, in and for the County of Coconino, and answer the Complaint therein filed with the Clerk of this said Court, at Flagstaff, in said County, within twenty days after the service upon you of this Summons, if served in this said County, or in all other cases within thirty days thereafter, the times above mentioned being exclusive of the day of service, or judgment by default will be taken against you.

Given under my hand and seal of the Superior Court of the State of Arizona, in and for the County of Coconino, this 13th day of October A. D. 1915.

CHAS. H. ADAMS, Clerk of the Superior Court Oct. 15—Nov. 5.

Little Lesson in Efficiency Utilize all your opportunities. If the bathtub leaks, keep the potted plants under it.

"Just the Thing." A tailor's work is sedentary. That is why most tailors suffer from constipation. G. W. Roberson, Wichita Falls, Tex., says: "I find Foley Cathartic Tablets the most delightful, cleansing cathartic I have ever taken. They are just the thing." They keep the stomach sweet and the liver active, drive away headache, dullness, tired feeling, biliousness, bloating, and other results of clogged bowels. Prompt and effective, without gripe or pain. Stout people praise them for light, free feeling they give. Will Marlar Pharmacy.—Advertisement.

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FLAGSTAFF, ARIZONA

The Bulletin of the Arizona Board of Health Says:

"Milk, like water, can be the means of introducing typhoid bacilli into the body. Several hundred well-marked epidemics of typhoid fever are on record which have been traced to milk containing typhoid germs. The bacilli may get into the milk in various ways. When a person suffering from a mild or unrecognized case of the disease is engaged in the collection or distribution of milk, or when flies have access to the contents of a privy vault in which typhoid bacilli happen to be present and at the same time have access to the milk-house, or when milk-cans and bottles are rinsed in impure water just before filling, or are not sterilized after removal from a house in which typhoid fever prevails, the possibilities of infection are clear enough."

Therefore laws are made to regulate the public milk supply. We have complied with these laws and have all the appliances for the sanitary handling of milk. Let us show you how it is done and you will agree that our milk is pure, clean and sanitary.

The Flagstaff Dairy

FRED GARING, Prop.